

BUILD A RAINBOW ON MY TRAY REGIONAL WORKSHOPS

These workshops will provide training on food preparation techniques and menu planning tips to help you serve meals and snacks that meet the Dietary Guidelines for Americans and the USDA regulations. You will learn “cooking smart” tips to reduce fat, sugar, and sodium while increasing fiber, flavor and overall eye appeal. The target audience is food service managers, cooks, and cook's assistants. This four hour training will include a lunch meal. The workshops are free but pre-registration is required and limited to 20 participants per site.

DATES AND LOCATIONS

Bozeman	April 18, 2013, Thursday, 8:00 a.m. – 12:00 p.m. Herrick Hall Foods Lab, MSU, Corner of S. 8 th Ave. and W. Cleveland Street, Bozeman, MT 59715
Havre	August 6, 2013, Tuesday, 9:00 a.m. – 1:00 p.m. Havre High School, Family and Consumer Science Room, 900 18 th Street, Havre, MT 59501
Lolo (Missoula area)	August 8, 2013, Thursday, 9:00 a.m. – 1:00 p.m. Lolo Elementary School, Family and Consumer Science Room 11395 Highway 93 South, Lolo, MT 59847
Glendive	August 13, 2013, Tuesday, 9:00 a.m. – 1:00 p.m. Dawson High School, Family and Consumer Science Room, 900 N. Merrill Ave., Glendive, MT 59330

THE TRAINING IS FREE BUT PRE-REGISTRATION IS REQUIRED

Deadline for Registration is 7 days before date of training.

Call Montana Team Nutrition Program at (406) 994-5641 for more information.

Please note: This class will also be offered in Billings on June 18, 2013, as a MSNA preconference session. To register, contact Becky Green (406) 654-1034 or email feedmtkids@yahoo.com. MSNA <http://www.mtsna.org>

Build a Rainbow on My Tray Training Registration (Please Print)

Complete one registration form for each person attending and mail to Montana Team Nutrition Program, MSU, P.O. Box 173370, Bozeman, MT 59717, fax to: **(406) 994-7300**, or email maryann.harris@montana.edu

Name and Title _____
School District _____ City _____
Telephone _____ Fax _____
Email _____

I will attend training in: (Please check the site)

April 18, 2013 in Bozeman _____ August 8, 2013 in Lolo _____
August 6, 2013 in Havre _____ August 13, 2013 in Glendive _____

**Montana Team
Nutrition Program**
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*In cooperation with the
Montana Office of Public
Instruction*